COVID-19 VACCINE: After you get the Pfizer or Moderna vaccine

Common vaccine side effects

- You may have side effects in the first 2 days after getting the vaccine. Common side effects include sore or red arm, fever, chills, muscle aches, headache and feeling tired.
- They may limit some of your daily activities but should go away in a day or two.
- They are more common after the second dose. It is important to get all recommended doses even if you got side effects from a previous dose unless a vaccine provider or your doctor tells you not to.
- Vaccine side effects are normal and show that your body is learning to build up immunity. Not everyone will get them.

Tips to help with side effects

- Apply a clean, cool, wet washcloth to your arm to help reduce pain. It may also help to exercise your arm. If you have a fever, drink plenty of fluids and dress lightly.
- Over-the-counter medicines like Tylenol® (acetaminophen) or Motrin® or Advil® (ibuprofen) can help with pain, fever, headache, or discomfort.

When to call your doctor

Contact your doctor if you have:

- Side effects that last more than 2 days
- Symptoms that start more than 2 days after you get the vaccine
- Cough, shortness of breath, runny nose, sore throat, or new loss of taste or smell (as these are not vaccine side effects)
- Symptoms that get worse or worry you

Rare, serious side effects

Allergic Reactions

As with any medicine, it is rare but possible to have a serious reaction, such as finding it hard to breathe or wheezing, a rash or hives, or swollen throat or tongue. It is very unlikely that this will happen. If it does, seek immediate medical care by calling 911.

Myocarditis & Pericarditis

There is a rare risk of myocarditis (inflammation of the heart muscle) or pericarditis (inflammation of the outer lining of the heart) in some people who get the Pfizer or Moderna vaccine, mostly among males ages 12 through 39 years. Getting the second vaccine dose later (at 8 weeks) lowers the risk of these rare heart problems.

Seek medical help right away if you have any of the following symptoms:
- Chest pain
- Shortness of breath
- Feelings of having a fast beating, fluttering, or pounding heart

Most patients with myocarditis or pericarditis who received care improved with medicine and rest and felt better quickly.

Sign up for v-safe, the CDC health checker

If you have a smart phone, please sign up at vsafe.cdc.gov to tell CDC about any side effects.

Want to learn more?

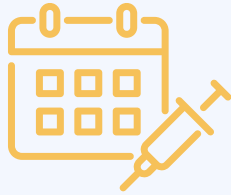For more information, visit the "Vaccine Side Effects" web page or scan the QR code.

Your next dose is due on or after:

___ /___ /_____

For the best protection against COVID-19, you should get all the recommended vaccine doses, including booster(s).

Which vaccine to get and when to get each dose depends on your age, your health status, and the type of vaccine you first received. **For more details, visit** ph.lacounty.gov/covidvaccineschedules.

Where to get your next dose

Visit ph.lacounty.gov/howtogetvaccinated or call the Public Health Call Center at **1-833-540-0473** to find a vaccination location near you. The call center is open daily from 8:00am to 8:30pm.

Information is also available in multiple languages 24/7 by calling 2-1-1. Free transportation and in-home vaccination are also available for those with limited mobility.

Information for people with weakened immune systems

If you have a moderately or severely weakened immune system (such as a blood related cancer or on certain treatments for cancer, organ transplant, or certain autoimmune conditions), vaccination may not be as effective. The CDC recommends that you get extra doses of vaccine. Talk with your doctor about the best timing of doses based on your risks and treatment plan.

You may also benefit from a medicine called Evusheld to help prevent you from getting COVID-19. Visit ph.lacounty.gov/covidmedicines and ask your doctor about these options.

Medicine to treat COVID-19

If you get COVID-19 and you are at higher risk of getting very sick, there are medicines you can take that *treat* COVID-19 to help keep you out of the hospital. Get tested right away if you have symptoms, even if they are mild. If positive and you are at higher risk, ask for treatment right away.

Don't delay! Treatment should start as soon as possible. ph.lacounty.gov/covidmedicines

Mental Health Resources

If you or someone you know is having a hard time coping with COVID-19, help is available 24/7 through the Los Angeles County Department of Mental Health's Help Line. Call 1-800-854-7771 or text "LA" to 741741. More resources and tools can be found at http://dmh.lacounty. gov/resources.

Take steps to protect against COVID-19 and prevent spread

VACCINES prevent severe illness

MASKING prevents virus spread

TESTING lets you know if you're infected and need to isolate

MEDICINES help prevent severe illness if you're infected